

## **Abstract**

**Title:** Comparison of psychological hardiness in para swimmers with different training intensities

**Objectives:** The aim of the thesis is to compare psychological hardiness level among impaired para swimmers and non-sporting impaired individuals. The goal is to find out if the impaired para swimmers achieve higher hardiness level in comparison with their non-sporting counterparts.

**Methods:** We measured and evaluated the hardiness level of all participants as well as their selected subgroups. The Personal Views Survey created by Kobasa in 1985 was used in Google Forms to get the data. In total 117 respondents were asked to complete the survey, however only 45 took part in the end. All the participants accepted an informed consent beforehand. We used the two-samples-unpaired T-test with unequal variance.

**Results:** Neither of the two proposed hypothesis was confirmed and we did not find any significant difference in targeted subgroups either.

**Keywords:** Physical impairment, adapted physical activities, swimming, stress, sport psychology, hardiness, self-knowledge